

HANSRAJ COLLEGE University Of Delhi NAAC Grade A+ with CGPA 3.62

2021-2022

Name of the Department/Society: North-East Cell

Name of the Event 1: Webinar - Emotional Well-Being and Coping Mechanism are the

Need of the Hour

Date of the Event: 25th July, 2021

This webinar was held on the 25th of July and covered the very important topic of mental well-being and how to stay positive during these testing times. The speaker for the session was Dr. Sangeeta Datta, a renowned consultant psychiatrist, member of Indian Medical Association, member of the Federation of Indian Psychological Studies.

